

HERE'S OUR PITCH: Play It Safe When You Go Out and Play.



- People over age 50 are at high risk for serious West Nile virus complications.
- Insect repellents containing DEET (N,N-diethyl-m-toluamide) have safely prevented millions from being bitten by mosquitoes and ticks for over 40 years.
- Apply a repellent with DEET on clothing and exposed skin when you go outdoors. After you return indoors wash exposed skin with soap and water.

**INSECT REPELLENT
WITH DEET HELPS
YOU AVOID BUG BITES**

**MISSOURI DEPARTMENT OF HEALTH
AND SENIOR SERVICES**

www.dhss.mo.gov/WestNileVirus

More Ways to Protect Against Mosquito Bites

Here's a checklist you can use to help reduce the chance of getting diseases transmitted by mosquito bites:

- ☐ Repair torn door and window screens to keep mosquitoes out.
- ☐ Remove items that could hold water where mosquitoes breed from around your home and neighborhood.
- ☐ Make sure your rain gutters are cleaned out twice a year so water will not collect there.
- ☐ Clear away tall weeds from your yard and neighborhood.
- ☐ Apply insect repellent containing DEET (N,N-diethyl-m-toluamide) when doing outdoor activities, especially around sunrise and sunset when mosquitoes are most active.
- ☐ Products containing DEET are very safe when used according to the label directions.
- ☐ Ask your local health department about reporting dead birds or mosquito breeding areas around your home and neighborhood.

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